

### Youthful input into Ottawa's future

To mark the United Nations International Year of Youth that begins tomorrow, Gov. Gen. Michaëlle Jean hosted a youth dialogue. It was attended by more than 130 young Canadians at Rideau Hall to gather input into shaping the future of the capital as the National Capital Commission gets set to launch a review of the plan for Ottawa.

### Asia continues digging out

Turmoil in aftermath of fatal floods, landslides (page 5)

# Films go back to the future

It's the '80s all over again for this year's action flicks {page 10}

# Docs show odds over census

▶ Paper written by former StatsCan head indicate disagreement over voluntary system ◆ Liberals say Tories didn't put much thought into process

The former head of Statistics Canada was set to speak out about the Harper government's controversial census change just before he abruptly quit his post, newly released documents show.

The papers reveal that Munir Sheikh was going to tell his staff that data from a voluntary long-form survey would not be as useful as the current mandatory form.

The documents also show that the government tried to shape the statistics agency's public comments on the matter.

The remarks appear to have been emailed to the Privy Council Office and Industry Canada in the wee hours of the morning on July 21.

They were contrary to what the public had been led to believe, thanks to comments in the media from Industry Minister Tony Clement that the agency said there would be no difference in the data collected by a new survey.

To clear things up, a StatsCan staff townhall meeting was set for later that day, but abruptly called off. Hours later, Sheikh resigned.

THE CANADIAN PRESS



"My response is that the (National Household Survey) will meet the needs of many users but will not provide useful data to meet the needs of other users of the mandatory long-form census data."

FORMER STATSCAN HEAD MUNIR SHEIKH, IN WRITTEN DOCUMENTS

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### City man charged in show home fire

The police arson unit has charged an Ottawa man with arson in connection with a fire at an abandoned building on Dean Martin Crescent Monday afternoon.

Fire crews arrived just before 1:30 p.m. to find a single-storey wood structure fully involved. The building, an abandoned show home, was completely destroyed by the fire. Damages were estimated at \$60,000.

Aaron Menzies, 20, is charged with one count of arson damage to property. He appears in court Sept. 8. © TRACEY TONG



# Teen faces charges in house hit

A teenager faces arson charges after a Molotov cocktail was thrown at a home at 12 Meadowland Drive in Stittsville over the weekend.

The fire was extinguished before police and firefighters arrived at the scene. The 70-year-old female resident was not injured.

Police said yesterday they charged a 17-year-old male with one count of possession of explosive material.

He appears in court Sept. 7. TRACEY TONG



# Doucet wants legacy project

Council suffers from a lack of urgency concerning climate change: Doucet
 Mayoral candidate putting 5% from campaign funds toward energy venture



A mayoral candidate said yesterday he wants his campaign to leave more than just landfill.

"I want to leave at least one legacy project that will be of lasting benefit to the community," said Capital Ward Coun. Clive Doucet at a news conference yesterday.

ence yesterday.

"Today, we're going to talk about how we intend to run the campaign, and we're going to do it the same way we intend to

"Climate change is the greatest challenge that our city and every other city on the planet will face in this century."

CLIVE DOUCET,
MAYORAL CANDIDATE AND
CAPITAL WARD COUNCILLOR

run the city," Doucet said.
"We're going to do it right, we're going to do it smart, and we're going to do it now."

Five per cent of every

donation to Doucet's campaign will go towards an energy-efficient project for a community facility in the city

in the city.

Doucet is inviting all candidates to look at ways of offsetting their own campaign's carbon emissions.

"It's not about getting votes, said Doucet. "It's about creating a different kind of dynamic in the city ... I want to make Ottawa a centre for green development. This is a good start."

"And if it helps me get elected, terrific."

### Renovations

Community facilities are all desperate for energy-efficient renovations that will allow them to operate more cheaply and comfortably, said Clive Doucet.

► Public facilities Eligible projects include

non-profit, public facilities.

Panel A four-judge panel
will evaluate all
submissions, with the
winner announced near
the end of the election.





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Omar Khadr's lawyer says suiting up for court made his client 'human again.' Video at metro news.ca/canada



First details of Canada's ithdrawal from Afghanistan trickle out. Scan code for story.

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### **Ottawa bucks building drop** trend: CMHC

While single-home starts dropped all over Ontario last month from June, Ottawa bucked the trend, with the single detached home sector reaching the highest level so far this year, the Canada Mortgage and Housing Corporation said yesterday.

Total housing starts in the Ottawa Census Metro-politan Area reached 763 units in July, over 40 per cent higher than the same time last year.

The growth wasn't only among single detached

"Intense activity was witnessed in all housing types, most notably in the apartment segment," said CMHC senior market analyst Sandra Perez Torres. well, townhomes reached the highest yearto-date totals in 15 years driving total housing starts

"The demand for townhomes and apartments has been the primary driver of growth so far this year."

SANDRA PEREZ TORRES ON FIRST-TIME PURCHASERS

higher."

One of the reasons for this is because job growth has reached record levels in recent months, helping to maintain activity in the Ottawa housing market, Perez Torres said.

The areas with the most growth include down-town, Goulbourn, Nepean and Kanata.

Provincewide, an estimated 51,100 residential housing units ground last month. broke

TRACEY TONG

### **Mayor** nixes sick probe

Mayor Larry O'Brien has stepped in to put the brakes on a \$100,000 contract to look into the

city's sick leave policies.
"In my opinion, the City of Ottawa's sick leave numbers are not high enough to warrant a contract of this size," said O'Brien. "This is simply not a high-priority project.'

Yesterday, O'Brien

Kirkpatrick to re-evaluate the contract. Since it has not been awarded, the contract will be put on hold until the review is completed.

Last November, the city's auditor general reported that the city is doing a poor job in managing absenteeism.

The report stated that in 2007, city employees averaged 10.6 paid sick days at a cost of around

\$27.8 million.

"It is our opinion that a fundamental goal of any attendance management program should be to decrease sick leave," Alain Lalonde wrote in the report.

asked city manager Kent

O'Brien set

to tee off at

tourney

### **Man fined** for fake statements

Larry O'Brien will once again host the Mayor's Charity Golf Classic at Cedar Hill Golf and Country Club in support of Child and Youth Friendly Ottawa today. Last year's golf event

was the first time O'Brien appeared publicly since resuming his post after his

The 10th annual golf event is one of CAYFO's premier events. Golfers receive lunch and a warm up round before an afternoon shotgun start.

TIM WIECLAWSKI

An Ottawa man was fined \$52,085 and given a 90-day conditional sentence vesterday after pleading guilty to making false statements to obtain child benefit credits to which he and his spouse were not

According to a Canada Revenue Agency investiga-tion, Tarek Sheltami falsely reported his family's residency status on income tax returns between 2005 and 2007 in order to receive benefits and credits.

TIM WIECLAWSKI



# leads donor walk

Algonquin student named ambassador of the Give the Gift of Life Walk Walk allows transplant recipients and donors to celebrate advances



When people learn that Abby Vara gave a kidney to her ailing father last year, they're invariably shocked. But the 23-year-old Algo-

nquin College student just shrugs off the praise.

"It's weird when people say I did something amazing," she said.

In 1993, her father, Erampamoorthy

prasatham, was diagnosed with a neurological disor-

He suffered progressive diabetes, gout, epilepsy, vision loss, paralysis, strokes, and finally, kidney failure.

Hemodialysis took a toll on Varaprasatham's body. Although he was on a list to receive a cadaver kidney, the family began exploring the possibility of a living donor.

The whole family was

"I don't feel like I gave anything up. It was something I did to help my family."

tested, and Vara, who was 19 at the time, was a per-

fect match.
"I was very happy that it was me," Vara recalled. But because they had to wait Varaprasatham's

health to stabilize, the surgery took place several years later, on June 12, 2009. A year later, Vara's father is "active and doing

"My goal is to help peo-ple who are thinking of donating and sharing my story," she said. "I want to let them know that it's so worthwhile. One thing is to understand the risks, but my dad is worth the world, and we had such an amazing outcome from it.'

### Hometown hopefuls to hit fest

Ottawa will be well represented at this year's Ot-tawa International Animation Festival in Octo-

An episode from local

company Amberwood Entertainment's Rob the Robot has been selected to compete for the festival's top prize this year.

Ottawa native Nick

Cross will once again be in the competition with his submission Yellow Cake. which is about happy bakers driven to violence by cake-hungry fat cats and the greed of their leader.

Only 90 animated films out of 2.091 entries are selected for the official com-

TIM WIECLAWSKI



# Flight attendant who quit on the job granted bail

Judge sets airline industry veteran's bail at \$2,500
 Thousands go online to voice support for his actions

A judge has granted bail for a flight attendant accused of cursing out a passenger on an airplane

for a flight attendant accused of cursing out a passenger on an airplane public-address system, grabbing some beer from the galley and exiting on an emergency slide.

Steven Slater wore a slight smile yesterday as he was led into a Queens, N.Y., courtroom to be arraigned on charges of criminal mischief, reckless endangerment and trespassing. The judge set his bail at \$2,500, but it wasn't immediately clear when Slater might be able to post the money.

13,000
Number of people who had "liked" a Facebook page set up in Slater's honour by yesterday morning, lauding his dramatic stand.

Police and prosecutors said the 38-year-old airline industry veteran lost his temper Monday afternoon after a dispute with a passenger on a JetBlue airliner at Kennedy Airport, and then fled the jet by deploying the emergency chute and walking across the tarmac to an unlocked door that led to the street.

At the arraignment, defence lawyer Howard Turman said Slater was under stress because his mother has lung cancer.

Slater's actions drew sympathy from the public. On a Facebook page set up in his honour commenters were lauding the flight attendant's stand and calling for the arrest of the disobedient passenger. Slater was later arrested at his home in Queens.

THE ASSOCIATED PRESS

### TRIAL

# Khadr jury selection begins

The judge in Omar Khadr's war-crimes trial has told the panel of U.S. military officers on the jury panel that the accused is presumed innocent unless proven otherwise.

Col. Patrick Parrish told the potential jurors: "It is vitally important that you keep an open mind about this trial." Canadian-born Khadr was in court for the jury selection. Wearing a medium-grey suit and tie, instead of the usual white prison uniform, he watched as the instructions were given yesterday morning.

Khadr faces five charges, including murder in the death of U.S. special forces Sgt. Chris Speer.

The Pentagon alleges Khadr threw a hand grenade that killed Speer in Afghanistan in July 2002. Khadr was 15 years old at the time. THE CANADIAN PRESS

### Swine flu pandemic finally over

The World Health Organization acknowledged yesterday that the swine flu pandemic is finally over, long after many national authorities started cancelling vaccine orders and shutting down telephone hot lines as the disease ebbed from the headlines. The official death toll — once predicted to be in the millions — reached 18,449 last week THE ASSOCIATED PRESS

# Asia's floods a nightmare for millions fleeing

◆ Short-term aid and long-term assistance needed for survivors to recover ◆ Scope of damage hard to assess

The death toll from landslides in northwestern China more than doubled to 702 yesterday, as rescue crews in three Asian countries struggled to reach survivors from flooding that has imperiled millions of people.

Rescuers digging by hand through mud found a 52-year-old man who had been trapped for more than 50 hours inside a levelled apartment building in the remote town of Zhouqu, where more than 1,000 other people were still listed as missing.

Pakistan's President Asif Ali Zardari returned home to a storm of criticism after visiting Europe as his country was gripped by the worst floods in its history

tory.

His arrival yesterday came as thousands of people fled a major city in central Pakistan as rivers threatened to submerge the area.

And rescuers in the desert mountainsides in Indian-controlled Kashmir recovered more bodies, with the death toll rising to 165 from flash floods.

Thousands of army and paramilitary soldiers continued clearing roads and removing the debris of hundreds of homes flattened in the Ladakh region.

THE ASSOCIATED PRESS

### The magnitude

The devastation from the floods is immense.

- China Flooding has killed about 1,800 people this year and caused tens of billions of dollars in damage across 28 provinces and regions.
- Pakistan Two weeks of flooding have killed 1,500. The Pakistani Taliban, which is allied to al-Qaida and is fighting for the overthrow of the Pakistani state, urged the government not to accept Western aid for flood relief.

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Le Collège des meilleures pratiques

### Report calls for mandatory use of helmets

Provinces should force anyone riding a bicycle to wear a helmet says the coauthor of a new report that found helmet use varies greatly across Cana-

da.
"I mean, it's atrocious that in 2010, every province does not have some sort of helmet legislation," said Ryan Zarychanski, an assistant professor of medicine at the University of Manitoba. "Clearly, helmet legislation works and clearly it reduces serious head injuries and facial lacerations."

Zarychanski and three other researchers at the University of Manitoba and the University of Ottawa compared 2005 helmet use figures involving more than 4,600 respondents in three provinces with very different rules



Helmets were worn by 73.2 per cent of respondents in Nova Scotia, where helmet use is mandatory for everyone. The rate was just 40.6 per cent in Ontario, where helmets are mandatory for

young people only.

The study, published in the August edition of the Injury Prevention Journal, also found that children were less likely to wear helmets if adults did not have to

THE CANADIAN PRESS

# Ontario goes all in on Internet gambling

PlayNow.com was launched in B.C. last month U.S. is expected to end 4-year online gambling ban

Ontario will join British Columbia and other jurisdictions by Call Internet gambling.

Minister

Dwight Duncan an-nounced yesterday that Ontario will spent the next 18 months looking at how to implement the program, launching in 2012.

Within five years, the cash-strapped government could rake in about \$100 million annually from online gambling, govern-ment officials said.

Canadians spend nearly \$1 billion a year at unregulated gambling sites, and Ontario's troubled lottery and gaming corporation wants a piece of the pie.

"Across Canada and around the world, online commerce is part of our everyday lives and OLG is excited to start the consultation process for online gambling and growing its marketplace in the future," OLG chairman Paul

Godfrey said. Facing years of red ink, the governing Liberals are eager to find new revenue streams to eliminate Ontario's massive deficit and fund expensive promises ahead of the 2011 election,

such as full-day kinder-

Duncan scrapped potentially lucra-tive plans to merge four of Ontario's biggest Crown corporations into a so-called SuperCorp and sell off a stake to private in-vestors, and is now headed for a showdown with public-sector unions over planned wage freezes.

Experts say online gambling costs little to set up, but the social costs — particularly among Internetsavvy youth - can be devastating.

**University of Ottawa** 

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The scholarships are funded by the CLSEP (Canadian Language Services Enhancement Program)



Canadă



### Putin a visible leader during fires

Hundreds of wildfires that has swept western Russia and cloaked Moscow in suffocating smog has caused billions of dollars in damage, a newspaper said yester-day. The business daily Kommersant said the damage from the fires was expected to amount to about \$15 billion — or about one per cent of the country's gross domestic product.

### Video shows | Hawking's | Poll shows drive-thru fight

A security video from a McDonald's shows a woman punching two restaurant employees and smashing a drive-thru window because she couldn't get Chicken McNuggets. It was released Monday. THE ASSOCIATED PRESS

### earthly warning

Stephen Hawking is suggesting the survival of the human race will likely depend on changing neighbourhoods and moving to another planet. He said it will be hard for Earthlings to avoid a disaster here. THE ASSOCIATED PRESS

### **Tories back** in lead

A new Canadian Press Harris-Decima survey suggests Stephen Harper's Conservatives have rebounded from a brief mid-summer slump. taking a six-point lead over the Liberals.

THE CANADIAN PRESS

### Fed acts to support recovery

Worried about the U.S. economy, the Federal Reserve is taking a small step to bolster the sputtering recovery.

At the end of its meeting yesterday, the Fed said it will use money from its investments in mortgage securities to buy government debt on a small scale.

That could help nudge down long term rates on mortgages and corporate debt, but wouldn't have a dramatic impact.

The Fed says economic growth will be "more modest" than it had thought just seven weeks ago. Economists doubt the Fed can turn around the economy on its own.

Some believe additional help from Congress is needed. Others are skeptical that easier credit or even more government aid will persuade Americans to shop more and hire more

THE ASSOCIATED PRESS

### **Education** may get Smart

Montreal's Smart Technologies Inc. expects growth opportunities for its touchscreen, Internetconnected whiteboards as more classrooms and boardrooms go digital, re-placing their blackboards with more interactive technology.

President Nancy Knowlton said she expects the education sector to deliver significant growth because only seven per cent of the global demand for digital whiteboards has been met.

### **Manulife** gets credit downgrade

Manulife Financial has been downgraded by credit rating agency DBRS after the insurance giant reported a \$2.4-billion quarterly loss last week.

The Dominion Bond Rating Service has pulled back Manulife's long-term debt and preferred share ratings to AA (low) from

The ratings agency said it expects earnings volatility to continue at elevated levels, despite the "best efforts" of management.

THE CANADIAN PRESS

# BlackBerry caught in censorship issues



Some governments fear losing control of communication

The militants who carried out the 2008 terror attacks in Mumbai, India, used mobile phones and other gadgets to co-ordinate an assault that left 166 dead.

Cellphones with video helped bring the world the footage of a young Iranian woman dying of a gunshot wound in the midst of the country's 2009 "Green Revolution" — images the government tried feverishly to block. Now the use of new technologies is raising alarm in the Arab world's two biggest economies. Saudi Arabia and the United Arab Emirates have threatened to cut off Black-Berry services unless they wring out concessions that would almost certainly give them greater access to user information.

It's a tug-of-war that

"Security concerns, including terror threats, are sadly being used to mask this clampdown" CHRISTOPHER DAVIDSON, UNIVERSITY OF DURHAM, UK

finds echoes in China's censorship fight with Google Inc., and highlights the way rapid technological change is sowing unease in countries where the unfettered flow of digital information is seen as a threat.

The governments cite security threats. The U.S. says those concerns are legitimate. But critics say those fears also provide a conven-ient justification to further tighten controls on the flow of information.

THE ASSOCIATED PRESS

### **Teachers** sell **Maple Leaf**

One of Maple Leaf Foods' largest shareholders is selling an 11 per cent stake in the food processor and says it's open to divesting its remaining 25 per cent interest.

The Ontario Teachers' Pension Plan, which invests and manages the pensions of 284,000 teachers, said yesterday it will sell 13.7 million voting and non-voting common shares of Maple Leaf to West Face Capital Inc., a Toronto-based investment firm.

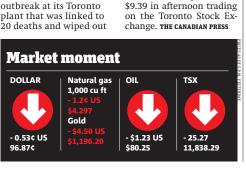
Maple Leaf's business has rebounded well from a 2008 listeriosis outbreak at its Toronto plant that was linked to 20 deaths and wiped out

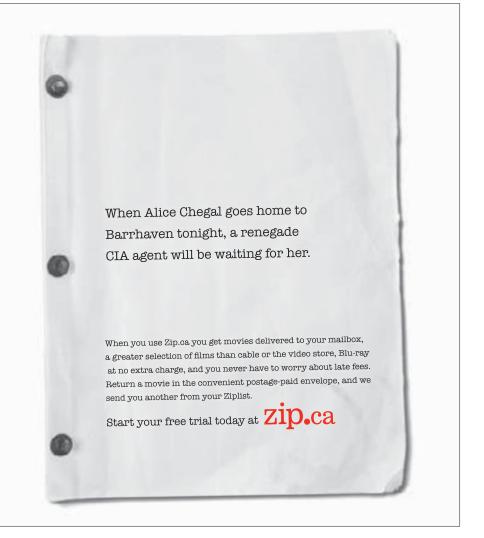
25the percentage of Maple Leaf still owned by the Teachers' Pension Plan. It may be for sale at the right price.

94 per cent of the meat division's operating prof-

However, the company's stock price is still only trading at about half of the \$16-to-\$17 range it reached in mid-2007 before the outbreak.

Following the nouncement by Teachers', Maple Leaf's stock added 39 cents or 4.3 per cent to \$9.39 in afternoon trading





### Just sayin'

### PAUL **SULLIVAN**



Paul Sullivan's Just Sayin' column will return Aug. 18

### TALIBAN KILLING AFGHANS: UN

The number of Afghan civilians killed or injured in the war soared 31 per cent in the first six months of the year, with Taliban bombings and assassinations largely responsible for the rise, the **United Nations reported** yesterday.

Hidden bombs and suicide attacks are killing and maiming so many Afghans that Amnesty International urged the Afghan government to seek prosecution of Taliban leaders for war crimes. Women and children are increasingly bearing the brunt of the conflict — even as NATO restrains the use of force on the battlefield.

The UN report found the number of deaths and injuries caused by NATO and Afghan government forces dropped by 30 per cent

compared with the first six months of last year, largely a result of curbs on the use of air power and heavy weapons.

But the overall sharp rise in deaths and injuries indicate the war is growing ever more violent, undermining the coalition's aim of improving security for ordinary Afghans in the face of a virulent Taliban insurgency.

Violence has paralyzed life in much of the country, especially the south, where many people are afraid to work with the Afghan government, run a business or travel. The last two months have seen record death tolls for U.S. and NATO forces on the battlefield.

"The human cost of this conflict is unfortunately rising,"

"Targeting of civilians is a war crime, plain and simple."

SAM ZARIFI AMNESTY INTERNATIONAL

said Staffan De Mistura, the top UN envoy in Afghanistan. "We are very concerned about the future because the human cost is being paid too heavily by civilians. This report is a wake-up call.'

According to the UN report, at least 1,271 Afghans were killed and 1,997 were injured — mostly from bombings — in the first six months of the year. The UN said the figures represented a 31 per cent increase in civilian deaths and injuries over the same period last year.

The UN said the Taliban and their allies were responsible for 76 per cent of all civilian deaths and injuries. The report attributed the rise to greater Taliban use of larger and more sophisticated hidden bombs

throughout the country and a 95 per cent increase in targeted assassinations

An updated Taliban code of conduct distributed to insurgents in southern Afghanistan this month urged their fighters to avoid killing civilians, suggesting the militant leadership is also sensitive to a possible public backlash among their support base.

However, the Taliban consider anyone who works for or shows support for the Afghan government and its international partners to be traitors and legitimate targets for death. Roadside bombs intended for NATO convoys often strike civilian vehicles instead. Suicide attacks in outdoor markets and other public places routinely end up killing or maiming civilians.

THE ASSOCIATED PRESS

### Cartoon

# Setting a poor example

### HE WAS ACTING IN A BIZARRE AND THREATENING MANNER.



## Letters

Re: Cellphone blitz nets big numbers (Aug. 10)

OTTAWA. I'm glad to hear that the local police are enforcing the laws against texting and talking on hand-held devices while driving, but perhaps they could set a much better example themselves.

Imagine my surprise a few weeks ago, when I witnessed two Ottawa police officers, sitting sideby-side on motorcycles at a red light, in the middle of traffic — clearly both texting and driving. I was shocked when I pulled up right next to them and saw them both madly tex-



ting in the middle of an intersection. In fact they were both so engrossed in their texting that neither one of them was paying attention to the traffic lights and it took each several seconds to notice that the traffic lights had changed from red to green — holding up rush hour traffic behind them!

It's one thing to spot

other discourteous drivers still texting and driving, even thought they know it's against the law, but it's quite another to witness uniformed police officers doing it on duty. I wish that I had been able to take down their licence plate numbers, so I could properly report them to the authorities.

STEPHAN KLOVAN

What would you do if you were prime minister? **Email** ottawaletters @metronews.ca

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### **Metro Minute at** the Billings Estate

Stop by for spot of tea on the lawn of the Billings Es-Located Cabot St. near Riverside Drive, this beautiful setting is perfect for anyone looking for a calm retreat from

Tea on the Lawn is served Wednesdays, Thursdays, Fridays, and Sundays noon to 4 p.m. overlooking this National Historic Site's flower gardens until the end of August.

Visitors are welcome to bring their own snacks or meals to have a picnic on the grounds.

The estate also sells traditional scones with De-vonshire cream and jam, finger sandwiches, and other desserts.

**TIM WIECLAWSKI** 





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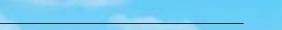
PURCHASE FINANCING

INCLUDES FREIGHT, PDI, FEES & \$2,000 CASH CREDIT\*











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# scene

### **News in brief**



The awardwinning documentary, Babies, will be screening for free at theatres across Canada this month in an effort to create awareness about child and maternal health issues.

METRO



# The course of action

**○** Summer blockbusters appeal to fans of '80s thrillers **○** Stallone feeds the frenzy with The Expendables



With the release of The Expendables soon upon us, so too will theatres be brimming with giddy fans of 1980s action movies.

After all, with a cast that includes Sly Stallone, Dolph Lundgren and Arnold Schwarzenegger, the thriller is a virtual flashback to the Reaganera blockbuster.

However The Expendables is only one of several '80s-themed action movies Hollywood has discovered lately. This summer alone has seen the reimagining of such decades-old fare as The A-Team, Predators and Clash of the Titans. With more titles to come, it seems Tinseltown is now playing with the '80s action trend.

"There is an obvious nostalgic appeal for these viewers," explained Brock University film studies professor Barry Grant recently. He outlines that many movie-going adults are nostalgic for the decade in "Hollywood would do much better to go back to the TV shows of the 1950s for inspiration."

BARRY GRANT, FILM STUDIES PROFESSOR AT BROCK UNIVERSITY

which they were children.

"For those viewers who are even younger, films that adapt '80s shows will be of interest because they'll want to see what all the fuss was for their parents."

From a producer's point of view, retooling a recognized brand is surely favourable in a risky, big-budget industry that relies on familiarity and a strong first-weekend box-office. Tackling such '80s hits as Red Dawn, Conan and even Romancing the Stone (all of which are in production) will surely create a certain curiosity, but the trend is not without its critics.

"Hollywood's turn to the 1980s for subject matter bespeaks the general lack of vision and originality that is pervasive in American cinema today," said Grant.



### Stars team for The Expendables



Re-introducing The Expendables' Old Guard

Sylvester Stallone — King of the '80s Action Movie, Sly is best known for Rambo, Rocky and of course, that arm-wrestling action hero in Over the

Top. **Dolph Lundgren** — Rec-

ognized as Sly's Russian nemesis Ivan Drago in Rocky IV, Lundgren also starred in Masters of the Universe and The Punisher (1989).

**Bruce Willis** — Willis made the jump from TV to movies with 1988's Die Hard — which spun-off

three successful sequels.

**Bric Roberts** — Roberts was introduced to action movies with 1989's Best of the Best — a sort of Rocky with martial arts.

Arnold Schwarzenegger
— Stallone's main rival as
'80s action hero, Arnie
made such hits as Conan

the Barbarian, The Terminator and Commando.

Mickey Rourke — Although he began as a dramatic actor, Rourke dipped his toe into the actiongenre with thrillers like Double Team with Jean-Claude Van Damme.

STEVE GOW





# Centre of attention

### • Toronto gets a starring role in Scott Pilgrim Vs. The World • Local tourism officials hope to lure fanboys to the city



Scott Pilgrim Vs. The World opens this weekend with a cast headlined by the likes of Michael Cera and Jason Schwartzman. The film also has another star that might not be apparent until you see it on the big screen: Toronto.

Scott Pilgrim creator Bryan Lee O'Malley grew up in the city and based his graphic novels there. The film adaptation follows suit and while it's not uncommon for Toronto to double for another city in Hollywood movies, seeing a maior film actually take place in Toronto is a novelty.

As a result, tourism officials are hoping the movie causes an influx of fanboy tourism like the Twilight series has done to the poor people in Forks, Wash.

"The initiative came about because we all wanted to promote this new movie that essentially uses Toronto as a character in the film," Joel Peters of

Toronto Tourism Metro. Peters is involved with a campaign designed to encourage fans to geek out about Scott Pilgrim all over the city this summer.

fans can log on to see interviews with cast members talking about favourite Toronto locations and apply for a moviethemed travel package that includes a stay at the Drake Hotel and trips to Scott Pilgrim backdrops like Lee's Palace and Casa Loma.

Toronto welcomed the production of Scott Pilgrim Vs. The World last summer with open arms and everyone involved in the movie



### Facebook group not giving up on DeGeneres

A campaign trying lure Ellen DeGeneres to be parade marshal for this year's Oktoberfest celebrations in Kitchener, Ont., won't take no for an answer.

Organizers of the Facebook campaign say they won't give up, despite hearing from a spokesperson for DeGeneres who said the talk show host won't be able to fit the parade into her schedule.

The campaign to bring DeGeneres to the region began last year after a photoof the parade made it onto her talk show.

Campaign organizer Linda Zavarella says she's looking at other options, including asking De-Generes to send a video response. THE CANADIAN PRESS





io purchase necessary. Enter online at http://www.metronews.ca/imodium by completing member entry form of submitting your story. Contest entry for story submissions runs from August 4th, 2010 to August 15, 2010 tring entry runs from August 11, 2010 to the Contest closes on September 11, 2020. Limit one (e) elentry per erson during the contest period. There is One (1) Canad Prize available of 5500.00 CDN cash and Three (s) condary Prizes each consisting of \$30000 CDN cash available to be won. There are three (3) Flerthary Prize for the condary Prizes can be consisting of \$40000 CDN cash available to be won. There are three (3) Flerthary Prize for the condary Prizes can be consisting of \$40000 CDN cash available to be won. There are three (3) Flerthary Prize for the condary Prizes can be consisted to the control of the condary of the condition of the condi Secondary Prizes each comisting of \$300.00 CDN cash available to be won. There are three (3) Tertiapy Prizes each consisting of \$300.00 CDN cash, to be won by random draw among all eligible votes entries. Must be a resident of Nova Scotia, Ontario, Alberta or British Columbia, who is age of majority or older at time of entry to be eligible to enter and win. Still testing question must be cornectly answered to claim prize. Olds of being selected depend on number of eligible entries received. Employees of spoors or and its agents and affiliates and household members of the above are not eligible. For full set of rule svit at try-lywwaveneronesex.com/modium.







### 'Wild' camera nearly fells Bear

Adventurer Bear Grylls was surprised by a huge crocodile in Australia, navigated a shark-infested channel off Papua New Guinea and lost the ability to breathe while in freefall at 30,000 feet during upcoming new episodes of Discovery's Man vs. Wild.

Yet it was a camera that almost did him in.

Grylls needed to be airlifted from a mountainside in the Canadian Rockies with a badly damaged leg after a camera on a sled slammed into him, the most heart-stopping moment in seven new episodes of the series that starts tonight.

The enthusiastic survivalist had glissaded down a mountain, zipping down the snow on his backside, and stopped himself suddenly by using

an ice pick. The camera following him didn't stop, missing Grylls' head and shoulder by inches before hitting him in the leg. It didn't break a bone, but came awfully close.

His first thought was, "Wow, I'm lucky."

Then the tears came. It had been a stressful stretch of filming, and the emotion of it all came rushing out. The tough guy

is only so tough.

He's filmed 65 episodes so far. This season, Discovery airs a behind-thescenes episode that explains how the series is filmed, and another piece in which Grylls takes two of the show's fans on an adventure. There's no celebrity trek like last year's with Will Ferrell in Sweden.

THE ASSOCIATED PRESS

### We paid for our Caribbean cruise with our TD Points (even the excursions).





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# Lessons learned for T.I.

### Rapper makes return from jail sentence with movie, new album • Says he's more focused on family

Everything seems to be falling back into place for T.I. since the rapper ended a 10-month term inside a U.S. federal prison and a halfway house earlier this year.

He's got a movie, Takers, coming out Aug. 27 and a new album, King Uncaged, due in late September. But more importantly, the Grammy-winner is putting stronger focus on his

The father of five recently demonstrated that commitment by getting married to his longtime girl-friend, Tameka (Tiny) Cottle, late last month.

"Right now, it's all about moving forward and just acknowledging the blessing that are here today ... Just moving past the regrets of yesterday — the things that could've been done better," said T.I. in an interview last month.

The 29-year-old served seven months in an Arkansas federal prison and three months in a

Georgia halfway house on federal weapons charges and was released in March. He said he's been able to relieve the lingering guilt of being unable to protect his best friend Philant Johnson, who was killed following his post-performance party in Cincinnati in 2006.

"I got so down on myself about the loss of his life that I did not acknowledge the fact that I still had mine," he said.

THE ASSOCIATED PRESS



### My TD Points covered my stay at a ski resort (even my ski lessons).



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### **Netflix spends \$1B on movie rights**

Netflix Inc. will pay nearly US\$1 billion during the next five years for the online streaming rights to movies from Paramount. Lionsgate and MGM in a deal that could help Netflix attract even more subscribers.

The agreement announced yesterday marks another breakthrough in Netflix's bid to stock its online streaming library with more compelling material, so it can keep its subscrip-tion service relevant as more households order entertainment through high-Internet

speed connections. The online streaming push also helps the company reduce its



postage bill for mailing DVDs to its 15 million subscribers.

The deal also makes the three studios' joint pay TV venture, Epix, immediately profitable.

Analysts believe the influx of newer movies will enable Netflix to maintain its rapid growth of the past two years, lifting its earneven higher despite the hefty licensing fees.

Viacom Inc.'s Para-Metro-Goldwynmount. Mayer Inc. and Lions Gate Entertainment Corp. are selling Netflix the right to stream movies 90 days after they appear on the Epix channel offered through subscription TV providers such as Dish Network Corp. and Cox Communications Inc.

The first crop of movies to be released in Netflix's streaming library on Sept. 1 include G.I. Joe: The Rise of Cobra, The Pink Panther 2, The Curious Case of Benjamin Button and all of The Godfather movies. Over the next few months, Iron Man 2 and Star Trek will also be available for streaming.

The movies will be available for streaming on Netflix for 16 or 17 months, after which the rights will shift to basic cable channels.

Netflix now has movie streaming rights that cover about 46 per cent of new releases at the U.S. box office, said Ted Sarandos, Netflix's chief content officer. That's comparable to what Time Warner Inc.'s HBO gets for its pay TV channel.

"We are giving people more and more reason to stream instead of waiting to get their DVDs through the mail," Sarandos said.

Although mailing DVDs remains Netflix's bread and butter. Internet streaming has become the company's growth engine.

THE ASSOCIATED PRESS

### Background

- Netflix, which is based in Los Gatos, Calif., offers unlimited Internet streaming along with DVD mailing for as little as \$9 per month, a price that has held steady even as the company has substantially increased its spending to expand its online library beyond 20,000 titles, up from 2,000 just a few years ago.
- The company spent \$117 million on streaming rights during the first half of this year, up from \$31 million during the first six months of 2009.
- They announced in July that it plans to expand its service to Canada starting in the fall.

# A rebel without a clue

### ▶ Paul Reubens has sights set on bringing '80s cult phenom Pee-wee Herman back to life

Mean machines and burly bikers didn't draw Amanda White to the world's largest motorcycle rally. She had her sights set on a bow-tied nerd in an ill-fitting grey plaid suit: Pee-wee Herman.

Actor Paul Reubens is reintroducing Pee-wee — his alter ego and 1980s cult character — to fans at the Sturgis Motorcycle Rally in South Dakota, which is expected to draw more than 500,000 people this week.

"I call it my Pee-wee pilgrimage," said White, a 29-

### Another project

Paul Reubens is also cowriting a new Pee-wee film script with writer-director-producer Judd Apatow, whose film credits include Knocked Up and The 40-Year-Old Virgin. year-old Minneapolis school teacher who drove 10 hours to the rally and had Reubens autograph her bicycle seat. "I'm a huge Peewee fan."

White is not alone. Plenty of Pee-wee fans have flocked to the Buffalo Chip campground outside Sturgis to see Reubens' character perform at a venue also hosting Ozzy Osbourne, Kid Rock, ZZ Top and Bob Dylan.

"Bob Dylan is here because people like him and Pee-wee is here for the same reason," said Buffalo Chip owner Rod Woodruff. "They are both American icons."

Reubens is in Sturgis ahead of a 48-performance Broadway run of the The Pee-wee Herman Show that begins Oct. 26 and is based in part on the TV show Pee-



wee's Playhouse. He said he's "never been to anything like this in my life."

"I'm really bowled over by it." he told The Associated Press on Sunday. "There are people from all walks of life here."

Reubens filmed a remake of the infamous

Tequila dance biker bar scene from his 1985 comedy Pee-wee's Big Adventure. On Monday, he was slated to participate in various charity events and host what was billed as the world's largest Tequila dance to the tune of the 1958 instrumental by the

Champs.

But Woodruff said it would be impossible to officially tally the Tequila dancers.

"There is no way we'd be able to certify it as a world record," Woodruff said. "Who would count it?"

Reubens brought the

The Pee-wee Herman Show to Los Angeles earlier this year for its first production since 1982.

"It sold out the four weeks it played in L.A.," Reubens said. "It was the first time I was on stage in 20-blus years."

THE ASSOCIATED PRESS

### VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	1E2	NU
I am feeling sad and depressed		
I am having difficulty sleeping		
I am feeling low in energy and slowed down		
My appetite has changed		
I am experiencing feelings of guilt		
I have lost interest in work and pleasurable activities		
I feel hopeless about the future		
I feel tense and anxious		
I am having difficulty making decisions		
I am having trouble concentrating		



### Ottawa Psychopharmacology Clinic Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.

03-18-10



### **Talking points**

### Joe and Ashley a new item?

A MATCH MADE IN SQUEALY TWEEN HEAVEN. Joe Jonas and Twilight star Ashley Greene are feuling speculation that they're an item, according to Popsugar. Jonas recently stopped off in L.A. on a brief break from his sum mer tour and apparently spent much of his limited

time with Greene, with whom he reportedly shared an intimate lunch

date last month. After their most recent afternoon together, Jonas was back on a plane to Ohio to reioin his brothers. Joe Jonas recently broke up with Disney star Demi Lovato, and famously dumped Tavlor Swift by text message.

METRO WORLD NEWS

### Pals worry Jessie's man a 'freeloader'

While Jessica Simpson appears to be having a great time with new boyfriend Eric Johnson, friends are worried he's just a freeloader, according to In Touch. And the recently divorced Johnson's ex-wife, Keri Johnson, isn't helping matters, telling the magazine, "Eric is plain out of money. He was going to grad school because he didn't know what else to do, and then he just dropped

Simpson has had a string of failed romances, most famously with her ex-husband Nick Lachey, musician John Mayer and Dallas Cowboys player Tony Romo.

The pop star, whose music career has all but stalled, often comes across as needy and cloying in the media, and controlled by her father, Joe.



We paid for a weekend getaway in Vegas with our TD Points (even the Grand Canyon helicopter tour).



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### **Kelsey debuts** brand new blonde

With his divorce battle raging, Kelsey Grammer is reportedly "deeply in love" with a mystery blonde, according to Page Six. "He's pushing for a quickie di-vorce because things are moving quickly with his new girlfriend," a source says. "There is speculation that she is pregnant, but he wants to finalize the divorce before making any announcement." Grammer and the younger woman, who sources say is British and named Kate, were

spotted holding hands in New York recently. Grammer is best known

for his roles on the longrunning sitcom Cheers, where he played psychiatrist Frasier Crane, followed by character-driven spinoff, Frasier, that ran for 11 consecutive seasons.

His soon-to-be ex wife, Camille Donatacci, is a former dancer and current spokesperson for Irritable Bowel Syndrome.

### Talking points

### **AI** winner defends herself

ACCOUNTABILITY WASN'T ONE THE SONG GENRES SHE ACED. Former American Idol star Fantasia Barrino is disputing claims that she participated in a sex tape with a married man, Antwaun Cook, causing the breakup of his marriage. Barrino's manager says his client is certain that she

the deterioration of Cook's marriage," according to Us Weekly. "Fantasia will weather this storm with the dignity and grace that

she has exemplified throughout a life in which she has repeatedly overcome obstacles and challenges. METRO

WORLD NEWS

Let's have a song about

We paid for a weekend getaway to New York with our TD Points (even the sightseeing tour).





### **Canada Trust**

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# Wedding's off for Hayden and Rachel

• The pretty pair calls it quits for good after 'taking a break' from their 18-month engagement in June

announcing they were taking a break from each other two months ago, Rachel Bilson and Hayden Christensen are no longer planning on getting married, Bilson's rep confirms to People magazine. "Yes, the engagement is off," the rep says without giving further details of

the breakup. Friends of the actress say, "It just wasn't working out," citing distance as one of the main factors.

Bilson was previously involved with former O.C. co-star Adam Brody, while Christensen was briefly linked to Sienna Miller

METRO WORLD NEWS



### **Celebrity tweets**

is not responsible for



Joel McHale [@ioelmchale] |

haven't seen Inception but Body of Lies came on HBO so I started rotating my tv every 2 minutes to c if I could save 15 bucks. Nope



in a 70, that's like being

### **Talking points**

### **First comes** baby, then comes marriage

YAWN. Now that she's expecting a child with Sam Cooper, Lily Allen is also planning a wedding, according to Look magazine. "Marriage has never been a big deal to them, but now their friends are saying they may well marry just before the baby is born, or very shortly afterward," a source says. "Lily says she won't have a nanny - she wants to do everything herself.

METRO WORLD NEWS



# The Real Hogwarts

### • Tracking down Harry Potter's school and the other historic castles of northern England



The boy wizard Harry Potter learned the basics of magic at one, the ghost of headless nobleman haunts another and you can get married in a third.

We're talking castles here, the splendid and richly varied castles of Northumberland, England's northernmost county.

Rebellion, battles and bloodshed have been played out on Northumberland's soil for hundreds of years.

The days of warfare against the invading hordes of Scots, Vikings and endless others are thankfully long gone, but the legacy is a glorious network of castles, with secrets and tales for tourists to discover behind almost every stone.

In the market town of Alnwick you'll find a castle that may seem strangely familiar. It had a starring role in two of the Harry Potter movies as Hogwarts School and has also featured in TV comedy shows including Blackadder and the historical movie Elizabeth.

Alnwick Castle been home to the Percys, the Earls and Dukes of Northumberland, since

1309 and the current Duke and Duchess still live there. Younger visitors get the chance to dress up as medieval knights, while older guests may prefer one of the regular Shakespeare performances staged in the castle grounds on summer evenings.

Nine miles east of Alnwick, beside the North Sea, lie the eerie ruins of Dunstanburgh Castle. It's 600-year-old fortress built by Earl Thomas of Lancaster, a cousin of King Edward II. Thomas was executed in 1322 for leading

"There are secrets and tales for tourists to discover behind almost every stone."

rebellion against the King and it took his executioner 11 blows to chop off his head with an axe. Thomas' tortured ghost is said to haunt the ruins carrying his mutilated head in his arms.

If you miss seeing headless Thomas as you hike through the ruins, make sure you don't miss out on the fabulous crab soup and sandwiches served up at the Jolly Fisherman pub in the nearby village of Craster.

Those who like their castles with a touch of romance won't want to miss a visit to the hugely atmospheric Lindisfarne Castle.

It's an Elizabethan fort built in 1550. It is set on Holy Island, a rocky crag three miles off the coast of Northumberland that is only accessible twice a day when the North Sea is at low tide. Ignore the tide times at your peril as you'll have to face the embarrassment of being rescued by the lifeboat crew from the nearby village of Seahouses.

At low tide couples happy to splash out the £750 (\$1,224) fee can get married in Lindisfarne Castle's beautiful barrel vaulted drawing room, known as the "Ship Room."

Metro lists the top four castle to visit on page 17.



For more information check out www.visitnorthumberland.com



### Top pick

Travel find this week:

**New Hampshire:** There are many ways to explore New Hampshire by car, motorcoach, motorcycle, mountain bike, on foot, kavak and airplane. Why not add horseback riding to the mix. Check out visitnh.gov for further information on suggested places to enjoy a day of horseback riding and test your equestrian skills.







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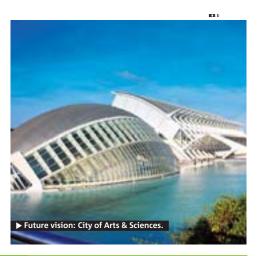
from \$209



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# Head to Valencia: Costa del fun!



I paid for my hotel with TD Points (even the room service).







### I paid for a last-minute flight to Paris with my TD Points

(even the airport taxes).





• Valencia is one of Spain's hidden gems • As funky and metropolitan as Barcelona but with a beach vibe like Ibiza. • What's there not to like?



### Why go now?

Because summer on Playa de Malvarrosa rocks. Valencia's most famous beach is a mix of the beautiful and the wasted, hedonism and carpe diem. And the city ain't bad either. It's stylish and chic, sort of like Barcelona only more intimate and laid back. Just keep away Benidorm.

### It's my first time - what should I do? Well, the beach obviously.

But after that go to the The City of Arts and Sciences, a massive development of five areas in the dry river bed of the now diverted River Turia. The "city" is made up El Palau de les Arts Reina Sofía — Opera house and performing arts centre; L'Hemis-fèric — Imax Cinema, Planetarium and Laserium: L'Umbracle - Walkway/Garden; El Museu de les Ciències Príncipe Felipe — Science museum;

L'Oceanogràfic - Openair oceanographic park. And it's all beautiful. Great at night, too.

### I've been there before

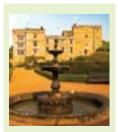
what should I see this time? Las Fallas. From March 15 to March 19, Valencia celebrates the feast of St Joseph in spectacular style. More advanced pyrotechnics than you can shake a stick at (every day at 2 p.m.), bonfires every where you look, giant paper mache figures paraded through the streets. Oh, and drink is taken. Not for the faint-hearted but this

is the mother of all fiestas. Where's the best shopping? No contest - Mercado Central on the Plaza del Mercado in the heart of the city. This 1920s beauty stands across the street from La Lonja, the silk exchange that dates from 1482 and is one of the most splendid examples of secular Gothic architecture in Spain. A huge, airy building, with light streaming through the stained glass and with huge blowsy Valencian women fighting over the bargain sausages.



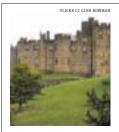
### Four castles to visit

### **○** England's Northumberland is home to some of the world's best palaces



### **MOST HAUNTED Chillingham Castle**

Reputed to be the most haunted castle in England the spooks include the "Blue Boy," whose screams once terrified guests. The body of a boy was eventually found hidden inside one of the castle walls, his fingers worn down from trying to scratch his way through the stone. The castle dungeon held men whose arms and legs were broken before they were thrown 20 feet into a cell.



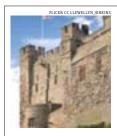
### **MOST FUN FOR A FAMILY** Alnwick Castle

No child is going to want to miss a visit to Hogwarts. But Harry Potter aside, vounasters who ao to Alnwick also get to dress up as medieval knights or princesses and take on the Dragon's Quest — a scary but fun learning experience and tour of the castle's treasures. Nearby is the Alnwick Gardens, acres of fascinating plants, water sculptures and one of the world's largest tree houses.



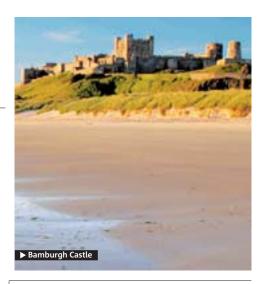
### **MOST REMOTE Lindisfarne Castle**

Built on Holy Island, off the Northumberland mainland, you have to drive along a three-mile causeway when the North Sea is at low tide to reach it or get home again. Three hundred years ago English ships used to dock here to be safe from attacks by the Scots. These days the island provides a refuge for seals. Fabulous fresh mussels are harvested from the shore.



### MOST **IMPRESSIVE Bamburgh Castle**

An iconic structure dominating Northumberland's shoreline from a 45m rock plateau. Battles have been won and lost on this site since the first century BC. The Vikings destroyed one version of the castle, the Normans built another, and the current version is largely the work of the Victorians. Dramatic sea views out to the Farne Islands, it overlooks a lovely beach perfect for picnicking. O DAVID PAUL



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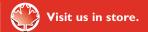


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# A Belgian sparkler

◆ Antwerp is the diamond centre of the world with 80 per cent of the globe's gems passing through the city ◆ But the stones aren't the only beautiful things....

6 PAUL RALDWIN/METRO WORLD NEWS



### **Diamond district**

awdc.be

Locals have traded precious stone since the 15th century and today 1,800 dealers line the square km around the Central Station in the Diamond district. Amazingly 80 per cent of the world's rough diamonds, and 50 per cent of the cut diamonds go through Antwerp.



### With Antwerp's most famous son

Royal Museum of Fine Arts kmska.be

The artist Peter Paul Rubens lived and worked in the Antwerp of the early 17th century. Many of his works (and many other masters) hang in the neoclassical Royall Museum of Fine Arts, in Leopold De Waelplaats.

I paid for my all-inclusive vacation with TD Points (even the jet-ski rentals).



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### Grote Markt Antwerpen 2000

The restaurants in and around Grote Markt excel in typical Flemish dishes such as mussels, Brussels endives, and beef stew with De Koninck beer. But for a real taste of Antwerp authenticity a portion of French Fries at the famous Number One chip shop is the pony to bet on.





### On an evening stroll

Start at Conscienceplein to check out the bars and restaurants around the Church of St. Charles Borromeo then stroll through the historic city centre in the vague direction of the De Muze pub for a spot of jazz and an 'at Nine' cocktail. The final destination would be Café d'Anvers, Antwerp's dance temple.

# I paid for a resort in paradise with TD Points (even the scuba lessons).





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### Schuttershofstraat

There are a number of equally delicious restaurants in the Schuttershofstraat / Hopland areas offering the classic Antwerp dish of shrimp croquettes. Happily this is also close to the recently restored Stadsfeestzaal dance hall where you can enjoy a glass of champagne.



### Radisson Blu Astrid Hotel

www.radissonblu.com Lovely-looking hotel right in the heart of the diamond city, near Central Station and the Antwerp Zoo, and close to great shopping. The interior is not as cool as the outside but it's a great modern hotel with one of the city's trendiest restaurants.

### **Waterfront view**

• Venice is one of those rare destinations that really lives up to its billing • Yes it's expensive and a bit touristy, but bite the bullet and enjoy all it has to offer



### SEE The canals

Let's be honest, it's what you're here for. And while they can honk a bit in high summer, they don't let you down. You wonder how the Venetians ever pulled it off, but you'll go away genuinely marvelling.

### HEAR The gondoliers

A little bit cheesy these days, but what the heck, you haven't come to Venice to be cool. Also be prepared to get fleeced – it will cost you upwards of €80 (\$108) so get over yourself and enjoy the experience.

> FAT Ice-cream

The Italians take their icecream a bit seriously, but that doesn't mean it is universally good. So shop around. Our tip would be Gelateria Nico on the Waterfront. Oh, and try icecream for breakfast, you'll never look back!

### DRINK **Bellinis**

At Harry's Bar, where else? It's expensive, it can sometimes be a bit soul-less too, but it's has the Hemmingway seal of approval and that's good enough for us. Luckily just around the corner there are many other local bars where you can drown your sorrows after getting the bill.

### **WEAR** Dolce & Gabbana

Or Armani at a pinch. The Venetians are a fiercely fashionable bunch so make

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sure you know what you're doing. Failing that the standard-issue tourist kit of band T-shirt and some kind of headwear - it can get fiercely hot.

### DO A canal tour

There are many walking/canal tours and though they feel touristy they are a great way of packing the city into one day and combining Rialto Bridge with the Doges Palace and St Marks Square.

### DON'T Think you'll do it on the cheap

Venice is expensive - period. Coffee is €5 and up, gondolas can leave vou €150 (\$203) out of pocket, and a decent meal will cost €80 (\$108). If you want cheap, look elsewhere



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# Good stuffed grilled cheese



♠ A quick nutritious option for breakfast or lunch ♠ Using unprocessed cheeses adds more flavour

### Ingredients:

- 2 oz. aged light cheddar cheese, thinly sliced
- 1 oz. light mozzarella cheese, thinly sliced
- 4 slices plum tomato
- 4 slices whole wheat bread

With a new school year approaching, extracurricular activities, homework and play dates, making a healthy lunch or dinner can seem like a big challenge. However, Rose Reisman, a health and wellness consultant and national spokesperson for Breakfast for Learning, shares this grilled cheese recipe that is quick, easy and nutritious.

"Opting for flavourful unprocessed cheeses and cooking spray instead of butter or oil, gives the classic kid's recipe a healthy boost," says Rose. "Add carrot sticks and a glass of milk for a complete and nutritious meal."

Tip: Prepare sandwiches early in the day but grill just before serving.

### **Preparation:**

- Divide the cheddar and mozzarella between 2 slices of bread. Top with the sliced tomatoes. Cover with the remaining 2 slices of bread. Lightly coat both sides of each sandwich with cooking spray.
- 2 Lightly coat a nonstick skillet with cooking spray and place over medium heat. Crill the sandwiches for about 4 minutes per side, being careful not to burn them.

NEWS CANADA



A staple of the Mediter ranean diet, the benefits of olive oil far outweigh the negative associations normally linked to fatty foods. Composed mainly of healthy 'monosaturat-ed fats', diets where olive oil is used as the main source of fat tend to be linked to lower rates of heart disease, diabetes, asthma and colon cancer. Extra virgin olive oil is derived from the first pressing of the olive and the end result is an oil with high levels of anti oxidants, including vitamin E for glowing skin and DHPEA EDO, an anti oxidant believed to protect red blood cells from damage.

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# Want to stop 'Effing' up?

◆ A new book, Stop Effing Yourself: A Survivor's Guide to Life's Biggest Screw-ups, offer tips to stop 'effing' up ◆ Metro talked to author and neurologist Dr. Sean Kenniff for some avoidance tips



### Q: How did you come up with the title "Stop Effing Yourself"?

A: (Laughs) Well, I myself was a self-saboteur. I ruined a lot of opportunities for myself, so I decided to delve into the psychology of someone who self-sabotages and realized that it was something that was actually common and complex for a lot of people.

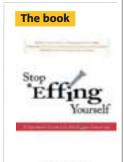
### Q: How would you characterize a self-saboteur?

A: Everyone has a person who was "the one who got away" and sometimes (the self-sabotaging that led to that is) small, but other

times it's a big problem. And the people who self-sabotage know it. A self-saboteur would live paycheque to paycheque — not really have a budget. They wouldn't be satisfied with their job, they would be wasting time at work. Basically, if you count the number of times that you say "Why did I do that?" and say it more often than you'd like, then you probably are a self-saboteur.

### Q: How do you make sure you don't self-sabotage when having drinks with the hoss?

A: Never bring up politics or religion. Never discuss your past and never ever talk badly about anyone. Definitely don't drink too



Stop Effing Yourself: A Survivor's Guide to Life's Biggest Screw-ups is available now.

much. Basically, all the Christmas party rules apply here.



# Dealing with the peacock of the office

• So you say you want some recognition? • Fine and well, but preen your neck for a burst of applause and you might devolve into the office brag



ping, swell-headed creature flaunting his or her petty triumphs like peacock feathers at every staff meeting bother you? Bragging is not always a good thing, but it can be done well.

"People need to be able to talk about themselves and their work," says Peggy Klaus, author of Brag! How to Toot Your Own Horn Without Blowing It. "Think

### Before you boast

- Cranston offers two questions to ask yourself before you get on your high horse. "Am I talking about myself, or am I talking about busi-
- of it as taking pride in what you're doing. But it's a fine line," she warns.

The flashiest in the office pool, Klaus says, tend to launch each grandiose sentence with am emphatic "I," she says, "Like 'I did this. I've done that.

ness? Because this is about business."

"Am I using facts to back this up, or am I using emotion?" she continues. "People need to keep a factual track of their successes."

If that includes you, then consider adopting the first person plural.

"Spread around," the credit advises career coach Jane Cranston. "Use 'we,' like 'we're the best,' and not 'we're the best because I'm the No. 1 manager in the nation."

A subtle self-trumpeter, Klaus says, can play an Ode to Moi without anyone at the roundtable even realizing what just happened.

"Weave your successes into a very short, pithy conversation 'brag-o-logue,'" she hints. "It can be 5, 15 or 20 seconds, and it is said with a lot of enthusiasm and delight.

Best of all?

"Get somebody to brag about you, for you," Cranston adds. "It has so much more power.'



AIR CANADA (\*)





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### **News in brief**

### **U.S. recognizes B.C.'s Quest U**

EDUCATION Recently, Quest University, a B.C.based non-profit liberal arts and science institution, was awarded full accreditation by the American Academy for Liberal Education (AALE), an accrediting body recognized by the U.S. Department of Education. In March, the AALE evaluation team spent a week at the institution to carry out a site evaluation. According to the award letter, the evaluation team's report "commended the excellence of your instructors and the high quality of your students who were engaged, articulate and thoughtful." Quest University is also fully accredited by B.C.'s advanced education ministry through its Degree Quality Assessment Board.



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### KNOW THE WORK LAW BASICS

Workplace laws sometimes lean on the workers

ost employees cling to beliefs about workplace rights they gleaned from media, friends or researching on the Internet.

However, many of these "perceived" rights often do not exist. Here are some common misconceptions:

### Poor performance is cause for dismissal:

Except in extraordinary cases, poor performance does not provide a right to withhold severance. Similarly, the quantum of severance is not judged based on performance, meaning that

both stars and incompetents should receive the same payouts if fired.

### The Ministry of Labour will protect your rights:

Provincial agencies can only enforce statutory rights, found in legislation. However, most employee grievances are based on common law rights, which are separate from

"There is no rule or law compelling an employer to provide a reference letter or even to confirm your previous employment."

legislation. To challenge your employer on any significant financial issue, you will typically have to go to court - and you will need a lawyer.

### Promotions, bonuses or salary must be assessed

**fairly:** An employer may decide, often arbitrarily, who it wishes to promote and how it will compensate its employees. It is entitled to show favouritism, as long as its decision is not based on personal characteristics, such as race, religion or gender.

### If an employee is terminated, she will not receive EI:

On the contrary, only employees who are terminated for "cause" or those who resign may be ineligible. Employees who are fired for poor performance, laid off, restructured, or

downsized are all eligible for employment insurance. An employee is entitled to a letter of reference: This is simply untrue.

Although the failure to provide a reference can contribute to the severance you may receive, there is no rule or law compelling an employer to provide a reference letter or even to confirm your previous employment.

### Harassment is in the eye of the beholder:

Today, employees too easily view themselves as "harassed." Harassment is a subjective concept. For it to amount to a meritorious legal claim, the conduct complained of must be such that no reasonable employee would be expected to persevere, in the eyes of the judge, not just the employee.

### **Workplace Law**

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# From home to school

### ▶ It's almost time for soon-to-be college and university freshman to make their first move

When your child moves away from home for college or university, there are important changes and responsibilities to consider. Along with the emotional stress of having your young graduate leave home, you also need to consider what the move means for your finances and insurance policies.

Being informed about your insurance coverage is crucial for your child's protection and wellbeing. While many policies ex-

### More online

Following these tips can help you breathe a little easier during this time of transition. More information is available from your insurance broker or online at avivacanada.com. tend parents' coverage to kids in university, other policies encourage college students to purchase their own insurance.

"Parents need to know whether their insurance extends to their children when they are buying a car or moving into an apartment or residence," says Wayne Ross, insurance expert at Aviva Canada. "You could find yourself facing a financially-stressful situation that could easily have been avoided."

For a stress-free transition, Ross offers the following helpful tips:

### Scope out apartments:

Living off-campus can help students develop a sense of independence and save some money. However, consider buying a tenant policy in your child's



name so their personal property is protected.

### Keep track of their finances:

University life goes

hand-in-hand with expensive purchases like computers and other electronics. Stick to a budget, keep track of your purchases and verify what

your insurance covers

### Check your car insurance:

Whether your child takes his or her car to uni-

versity or intends to drive on visits home, call your insurance company to check what your policy includes

NEWS CANADA

# Keeping your kids active can help them learn

Does your child love to rock out to music or enjoy a competitive game of kickball with the neighbourhood children? Getting and keeping children moving has more than just physical benefits, it also stimulates children's most vital organs ... their brains.

Like adults, children need regular exercise. Experts recommend children get at least one hour of physical activity every day. Regular exercise not only strengthens the body, but it lowers stress levels, which can help children stay focused in school.

According to a recent study funded by the National Institutes of Health, children who play vigorously for 20 to 40 minutes a day are also better able to organize schoolwork, complete class projects and learn mathematics. The link between learning and movement demonstrates how important it is for children to exercise daily.

So how you do get your children's blood pumping to the brain in the age of video games, computers and cellphones? Here are a few tips from Kumon:

Encourage your children to play games that include critical thinking as well as physical activity. Games like hide-and-seek require strategic thought, observation and lots of running. Try playing hopscotch, kickball, jump rope or freeze tag with your children. While simple in nature, each of these games requires reasoning and strategy as well as physical prowess.

Children love adventure and role-playing. If your children's favourite bedtime story is set in the jungle, encourage them to act out the identities of the animals. Ask them what a lion or a monkey sounds and behaves like, and let them put on a little show for you. Later, reread the story together so they can read more about the animals.

### Examples

Set an example by being active with your children. Ask them questions about their games, and encourage them to use their imaginations while having fun. When the weather is nice, go on nature hikes in a nearby park or forest preserve. If you live in the city, create a list of items that can be collected and go on a scavenger hunt to find items on your list within a certain period. To keep kids active and learn new skills, consider signing up for a class together through a community centre or local program. Most children love it when their parents get in on the action

mals and perfect their performances for the next time around.

More information is available online at kumon.ca.

NEWS CANADA

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# sports

### Quoted



"Everybody, they respect me for what I said. Those are my comments. A lot of people feel that way all throughout the league."

CINCINNATI REDS PLAYER
BRANDON PHILLIPS, WHO
SAID ON MONDAY HE HATED
THE ST. LOUIS CARDINALS,

WHOM HE CALLED
COMPLAINERS, PHILLIPS
WAS IN THE MIDDLE OF A
FIRST-INNING ALTERCATION
BETWEEN THE REDS AND
CARDINALS LAST NIGHT
THAT SAW BOTH BENCHES
EMPTY.



# Federer ends layoff with victory

Roger Federer was not as dominant as Canadians fans might remember, but his performance last night was still good enough to earn him a victory and maintain hope for a third Rogers Cup championship.

The 29-year-old Swiss master shook pesky Argentine challenger Juan Ignacio Chela with a 7-6, 6-3 win on centre court. It was Federer's first competitive match since his quarter-final loss at Wimbledon ear-

lier this summer.

Federer, ranked No. 3 on the ATP World Tour, allowed Chela back into the first set, before prevailing in the tiebreaker. He was not as generous in the second set, which lasted 34 minutes.

Federer won the Canadian tournament in 2004, and won it again two years later. He had a 22-6 career record in Canada heading into play yesterday.

His victory is also a boon

for the event promoters, who can still dream of seeing Federer face world No. 1 Rafael Nadal in the final. Nadal will play his first match in the singles draw today.

The tournament lost one big name yesterday when it was announced American Andy Roddick had withdrawn with an undisclosed illness. The eighth seed will be replaced by France's Paul-Henri Mathieu.

HE CANADIAN PRESS



# Lengthy contracts under investigation

### Bruins say Savard deal has been under scrutiny since it was signed Three others could be rejected

The National Hockey League's investigation of four registered contracts was in full force before arbitrator Richard Bloch ruled in favour of the league's decision to reject Ilya Kovalchuk's 17-year deal with New Jersey.

The Boston Bruins released a statement yesterday saying the league has been examining Marc Savard's \$28-million US, seven-year extension since it was signed on Dec. 1.

"The league informed us upon their registration of the contract ... that they would be investigating the circumstances surrounding this contract," Bruins GM Peter Chiarelli said in a release. "From that point on, they commenced their investigation and it has been ongoing since then. On

August 4, I met with two league appointed lawyers as part of the investigation

"We will continue to co-operate with the league in any future investigative proceedings if necessary."

Savard's deal was one of four mentioned in Bloch's ruling Monday that could be struck down by the NHL. The others belong to Vancouver Canucks goalie Roberto Luongo, Philadelphia Flyers defenceman Chris Pronger and Chicago Blackhawks winger Marian Hossa.

All four long-term deals will take the players into their 40s and feature salaries which drop sharply in the later years of the agreement, reducing the overall salary cap hit. THE CANADIAN PRESS



### Bosh, Raps have Feb. reunion

Chris Bosh will return to Air Canada Centre on Feb. 16 when the Toronto Raptors host his Miami Heat.

The former Raptors star signed with the Heat earlier this summer, leaving Toronto after seven seasons.

According to the 2010-11 NBA schedule released yesterday, the Raptors will also host the Heat in the regular-season finale on April 13 and visit Miami on Nov. 13 and Jan. 22.

All four of Miami's games with
Boston and Orlando are planned for national TV broadcasts.

Meanwhile, LeBron James' homecoming is set for Dec. 2 when the Heat visit Cleveland.

James left the Cavaliers last month to join Bosh and Heat star Dwyane Wade in Miami. THE CANADIAN PRESS



### Sports in brief

### Pistons ink T-Mac: Source

NBA. A person familiar with the negotiations tells The Associated Press that Tracy McGrady has agreed to terms of a one-year contract with the Detroit Pistons

The person, who spoke yesterday on the condition of anonymity

because the deal hasn't been announced, says Mc-Grady will play for \$1.3

### Sharapova wins in Cincy

TENNIS. Tenth-seeded Maria Sharapova shook off a lacklustre second set to dominate the third and pull out a 6-4, 1-6, 6-2 win over Svetlana Kuznetsova at the Cincinnati Women's Open yesterday.

# **Bolt bowing out**

Examination by Munich doctor on Monday revealed back problems Dut Achilles tendon injury that hobbled Bolt earlier in 2010 is healed

Coming off a rare loss at 100 metres, Olympic and world champion Usain Bolt is cutting his season short, saying he won't race again in 2010 because of tightness in his lower back.

The Jamaican's manager, Ricky Simms, wrote in an email yesterday that the world record-holder at 100 and 200 metres will have treatment to loosen his back and then rest, skipping IAAF Diamond League track and field meets in Zurich on Aug. 19, and in Brussels on Aug.

Bolt hadn't lost an individual race in two years until Friday, when Tyson Gay of the United States beat him at the DN Galan meet in Stockholm, Gav ran 9.84 seconds, and Bolt finished in 9.97 - nearly 0.40 slower than his record for the 100.

Given the six-foot-five

"It is better for me not to take any risks this year."

Bolt's recent dominance and his dynamic, crowd-pleasing personality, the sabbatical he's taking is a blow to track and field in the short term, but should give the sport a boost when he returns.

Just ask Gay, who already is looking forward to taking on Bolt again sometime next year

"It's kind of like boxers - everyone is waiting for two heavyweights to clash. So when they do clash, it's exciting. But you don't see the heavyweights fight 2-3 times a year," Gay wrote in an email to The Associated Press yesterday. "So even though I was hoping we (would) race 2-3 times for the fans this year, him taking his break to get healthy for next year will

make things that much more exciting for 2011!'

Ato Boldon agrees. Boldon won four sprint medals at the 1996 and 2000 Summer Games and now is a TV analyst. He knows a good story line when he sees it.

"This is the best thing that could've happened for the 2011 season — Bolt losing like this and having to go away. If he gets the urge to party too much and not train ... I think every time he's tempted to do that in the off-season in 2011, he goes, 'I've got that crazy American guy gunning for me," Boldon said.

Simms said Bolt was examined Monday by a doctor in Munich who found the back problem.

"He has a tightness that restricts his ability to generate power in his stride and continuing to race in this condition could risk

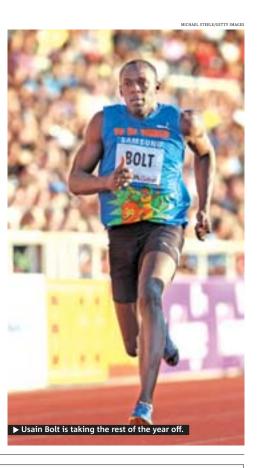
### **Dominance**

Usain Bolt stole the show on the track at the 2008 **Beijing Olympics** 

- Medial haul He won gold medals and breaking the world records in the 100 and 200 sprints, as well as
- the 400 relay.

  Margin of victory None of the finals in those events was even close, and Bolt began his celebration in the dash before it was done, stretching out his arms with palms up, then slapping his chest.
- Encore He followed up that performance at last year's world . championships in Berlin by lowering his marks in the 100 to 9.58, in the 200 to 19.19.

injury to his hamstrings or calf muscles," Simms Wrote. THE ASSOCIATED PRESS



### Canada gets to Hlinka semis



Canada has secured a berth in the semifinals after posting its second straight lopsided win at the Memorial of Ivan Hlinka under-18 hockey tournament in Slovakia.

Ryan Nugent-Hopkins scored a hat trick and Brett Ritchie added a pair of goals in a 7-3 victory over Switzerland yesterday.

Dougie Hamilton and Xavier Ouellet also scored for the Canadians. Daniel Catenacci and Jonathan Huberdeau added two assists apiece as Canada improved to 2-0 following a tournament-opening win over Sweden.

The victory ensures that Canada will finish in the top two in Group B to advance to Friday's semifinals. The gold medal game is set for Saturday. Canada has won the event five of **Goaltender Tyson** Tieichmann made 21 saves for Canada, who outshot the Swiss 40-

the past six years. Canadian coach George

Burnett has liked what he's seen of his team so far, especially since the squad had a short, four-day training camp and just one exhibition game to prepare for the tournament.

"Our game was better today so I think I can comfortably say that we've gotten better every day since camp," he said. "That's the big challenge — that you try to be better every day."

Burnett acknowledged that Canada did get a little sloppy late in the third period when the score was 7-

"But we did some good things," he added. "We're putting the puck in the right places and we're not turning it over a lot.

"It's great to be up 2-0." Alessio Bertaggia, Mar-win Leu and Jordan Gahler scored for the Swiss, who fell to 0-2.

THE CANADIAN PRESS

### **Sports in brief**



### **Shaq shows** Celtic pride

NBA. Shaquille O'Neal was sold on Boston by all the championships the Celtics have won — and the chance to win anoth-

The 38-year-old big man was introduced at a news conference yesterday to an audience of about 50 reporters and a couple hundred kids participating in a basketball camp at the Celtics' practice facility.

THE ASSOCIATED PRESS

### **Defending his** own 'Decision'

NBA. Anthony Tolliver insists he was poking fun more at himself than he was LeBron James in his YouTube video entitled "The Decision: Part Deux.'

THE ASSOCIATED PRESS

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- Subaru Canada has launched a mobile version of its website for smartphone users. To use the site, users should enter subaru.ca in the "search" window of the mobile device browser.
- Ten Toyota
  Venzas are up
  for grabs in Toyota's Test Drive
  To Win. The
  contest runs
  from now until
  Aug. 31 at
  Toyota
  dealerships
  across Canada.





# Kia's Sportage SUV shows some muscle

◆ This third-generation utility vehicle not only toughens up but shows a little more class ◆ Roomy interiors, impressive handling add more value



For two generations, the Kia Sportage was a compact SUV with a built-in connection to the average Canadian shopper after ruggedness, flexibility and a good overall deal.

Now entering its third generation, the 2011 model is hitting dealer lots with even more of the sensible, adventurous and wholesome stuff that made its predecessors a hit.

For its latest iteration, the German-designed, Korean-built Sportage has been designed for higher-than-ever levels of style and value, and the ability to tackle most any driving our continent's craggy North might throw its

Ĭ recently spent two days and several hundred kilometres driving the now-onsale 2011 Kia Sportage from Whitehorse to Skagway, Alaska, and back. The latest Sportage is no longer friendly and cartoony-looking, but rather more athletic, prominent and aggressive than the former.

Inside, drivers are treated to an upscale environment with easy-to-use controls and adequate athand storage. Rear-seat passengers get plenty of room in virtually every direction, even if they're grown-ups, and folding seats and a big, easily-accessible cargo hold help to maximize utility and flexibility.

Sportage's interior is assembled as nicely as any of its Japanese competition-though trim materials won't be blowing any socks off, and a little more colour could go a long way to brighten up the mainly dark scenery.

dark scenery.

Sportage's ride and handling should impress. Even on undulating or poorlymaintained highways, I found the suspension delivered a near-perfect blend of drama-free tautness and planted comfort.

### The specs

2011 Kia Sportage

- VEHICLE TYPE SUV
- PRICE from \$21,995
   ENGINE 2.4L four-cylinder;
   176 hp
- > FUEL ECONOMY 10/6.9 L/100 km, city/highway
  - MADE FOR CANADA FEATURES Sportage is available with a Canadiandesigned AWD system for tackling extra-slippery conditions; Kia's automatic climate control system lets each front passenger select their desired

### Consumer Reports picks best rides for going back to school

With the fall semester just around the corner, Consumer Reports offers its best choices for parents and teens out shopping for a car to bring back to school.

When looking for the right car for teens, including used models, Consumer Reports recommends picking cars with safety features such as electronic stability control and curtain air bags and good crash-test results.

In addition to naming



good cars for young and older drivers, the magazine also names good picks for all sizes and types of drivers including the tall and small. All the models on Consumer Reports' lists have at least average reliability and are "Recommended" vehicles.

Consumer Reports named only one car suit-

able for all driver types: the Honda Accord.

Here is a look at some of Consumer Reports' picks for teens:

Good Models for Teen drivers: (ESC is standard or optional starting with the years listed below).

• Small Sedans: Hyundai

- Small Sedans: Hyundai Elantra SE (2008-2010), Mazda3 (2007-), Scion xB (2008-);
- Midsized sedans: Acura TSX (2004-), Honda Accord (2008-), Kia Optima (2007). FROM CARGUIDE

# Rocking 'n' rolling down the highway

● If you care about thumping bass and clear tones, then these audio technologies will be music to your ears ● THX, Dynaudio make the cut

### Music on the go

Drivers now have more ways than ever to stay connected to their tunes. Check out the following features on your next ride, and plan to leave that bulky CD case at home.

- BLUETOOTH STREAMING AUDIO Wirelessly plays audio from your MP3 player or cellular phone on the vehicles stereo in highquality after a quick pairing procedure.
- USB PORT Makes it easy to transfer your home audio collection to your car via a thumb-drive or USB key.



For most drivers, their vehicle is the only place they can take in their favourite music uninterrupted and at full-volume, and automakers are offering audiophiles more premium listening choices than ever. New car shopping? Here's a look at three exceptional high-performance stereo systems you may find available in your next ride. Be sure to bring your iPod or favourite CD along for the test-drive.

### THX

Used in Lincoln's luxury models, the THX brand was initially started by maverick filmmaker George Lucas as an effort to bring top-notch audio to movie theatres.

The company has since become a big name in home audio, and they've also teamed up with Lincoln to create in-car stereo systems with some serious firepower

Lincoln shoppers can opt for a THX II Certified 5.1 Surround Sound system in their new ride, where they'll benefit from discrete 5.1 surround sound playback of DVD-Audio and even DVD movies.

### **Mark Levinson**

Available in Lexus's premium luxury models, the Mark Levinson stereo system builds on over 30 years of developing high-fidelity audio systems without money as a constraint. Lexus now offers several Mark Levinson stereo systems across their product range. These include the 'Reference' surround system, which intends to be the best stereo available in its vehicle class, period.

### Dynaudio

Found in machines from Volvo, Volkswagen and even Bugatti, Dynaudio stereo systems offer a tremendous combination of power, punch and clarity. Specifically tailored to each application, Dynaudio's systems are designed in parallel with the vehicle they're intended for.





# Rogue re-invented with upgrades galore

Nissan unveiled the redesigned 2011 Nissan Rogue crossover SUV recently at the 23rd Annual International Z Car Convention in Nashville, Tenn.

The popular Rogue gets an upgraded look inside and out including exterior, interior, comfort and convenience, and audio and entertainment system enhancements.

Model names and options are also revised, keeping Rogue fresh and exciting for its active lifestyle buyers.

The 2011 Rogue is now offered in three trim levels

— S, SV and SL (SL available in AWD only).

Rogue is scheduled to go on sale at Nissan dealers nationwide this September.

Among the many enhancements for the fourth year of Rogue production is a redesigned exterior featuring a new front fascia and grille, front chin spoiler, rear spoilers, new chrome side door guard molding trim accents, new front and rear tire deflectors and a new chrome license plate finisher.

Also added for 2011 are available 18-inch aluminum-alloy wheels, new

lower rolling resistance tires (available with the 17inch aluminum-alloy wheels) and a new underbody cover.

The Rogue offers a standard 170-horsepower 2.5-litre four-cylinder engine, Nissan's advanced Xtronic CVT (Continuously Variable Transmission), Vehicle Dynamic Control (VDC) and 4-wheel disc brakes with Anti-lock Braking System (ABS).

Rogue S and Rogue SV are available with an intuitive All-Wheel Drive system, which is standard on the new Rogue SL.



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### SMELLS LIKE GREEN SPIRIT

When it comes to alternative energy sources for transportation, electricity seems to be the rising star, at least for the moment.

ut in Britain this month, a stock VW Beetle was showcased, one that was happily running around on a fuel sourced from human poo poo...

The firm, GENeco, who concocted the fuel, noted that previously this type of methane "biogas" oozing from the sewage of a human waste treatment plant wasn't "clean enough" to run properly in a normal vehicle. GENeco figured out a way to make it work (using micro-bugs, hence the choice of the "Bug" test vehicle), and now claims that this fuel could be a viable way of powering cars in the future.

Well, whether this thing flies, or ends up back from where it came, the toilet, the "Poo Bug" is nonetheless an excellent reminder that the



internal combustion engine can burn lots of different "gases," and that many of these gases are plentiful and clean.

Here then, is a brief snapshot of alternative gases that are working their way into our future.

### **Clean Petroleum Diesel** Modern turbo-diesel

engines running on the new "low sulphur" diesel fuel can be 30 per cent more fuel efficient than comparably powered gas engines. While they are also cleaner in some regards, they require more elaborate emission systems. Another downside: North American refineries are currently set up to produce way more gasoline than diesel for

any given barrel of oil.

### **Biodiesel**

Diesel can also be made from animal fat and/or vegetable oil. Not only is this the best smelling fuel on the planet, it contains no sulphur, so is very clean. Downsides: Contains less energy than petroleum diesel; Limited supply, though research is being done to see if large amounts can be sourced from algae.

### **Synthetic Diesel**

We can turn natural gas, methanol or coal in a diesel-like fuel? But do we want to? North America has lots of those three source elements, but we get little or no "net environmental" gain by converting them over to synthetic diesel.

### **Ethanol**

When corn-based ethanol is blended with gasoline, at an 85:15 ratio, you get a fuel called E85. It's renewable and powerful. And clean too, until you consider all the energy and emissions entailed with producing and distilling corn. It's more efficient and cleaner to make ethanol from sugar cane or algae or certain grasses or waste plant material. At this point, more discussion than production.

### 911 Porsche Turbo S: Road rocket



### **DREAM CAR**

PETER BLEAKNEY
DRIVE@METRONEWS.CA

In the rarefied hierarchy of the Porsche 911 Turbo, the new 2011 530 hp "S" variant is king of the hill. The justifications for such a statement came rushing forth while piloting this baby blue missile at a recent Porsche press

### and whistles

THE DETAILS. The 2011 Turbo S comes fitted with ceramic composite brakes, racy centre-lock 19-inch RS Spyder alloys, seven-speed twin-clutch PDK transmission with proper wheel-mounted paddle shifters, adaptive sport

seats, twin-hue leather interior, active engine mounts, active suspension management, torque vectoring on the rear axles, adaptive bending headlights and a more open exhaust note.

Which is about all you could ever need or want in this all-wheel-drive icon.

### Your friendly supercar

THE POWER. By the numbers, the Turbo S knocks 0.1 seconds off the 0-100 km/h dash (3.3 seconds), tops out at 315 km/h and, rather incredibly, accelerates from 80-120 km/h in two seconds. Above all, the Turbo S, like its brethren, is a comfortable and beautifully constructed ballistic supercar.

### \$200K

The price of the 2011
Porsche 911 Turbo S.
The regular Turbo
Coupe starts at
\$67,000. Porsche
expects the "\$" to
account for 70 per cent
of 911 Turbo sales
in Europe.

### Porsche, at your service

THE EXTRAS. Why not let Porsche do the work of checking the regular option boxes while also reaping the benefit of 30 extra horsepower and a few bits not available otherwise? Porsche will paint your Turbo S fuchsia pink and line the interior with emu skin if you want, but that's your problem.

# Bird's-eye view at wheel

 Rearview cams are so yesterday
 Infiniti technology takes a big stride in helping you park better

### DRIVING FORCE

JIL McINTOSH

DRIVE@METRONEWS.CA

When you're trying to manoeuvre your vehicle into a tight space, visibility is everything — but it isn't always easy to see everything around you when you're sitting inside a tall SUV.

### SUV/CUV only

Infiniti currently puts the Around View Monitor only in SUVs and crossovers, not its cars, because of its advantages with the higher seating position and longer cabins in these larger and taller vehicles.

Rearview cameras help, but Infiniti takes it a step beyond with its Around View Monitor.

The system, which provides several images including a bird's-eye view, is available on the EX35, FX35, FX50 and QX56. It was designed by Sony and uses that company's software to integrate the pictures taken by cameras on the outside of the vehicle into the overall "top-down" view.

"Instead of just having a rearview camera behind you, there are four cameras: one in each mirror, one at the front in the grille, and one at the rear," says Ian Forsyth, director of corporate planning for Nissan Canada.

"The images are integrated into a picture of your vehicle as if you were standing above it."



The four super-wideangle cameras enable the driver to "see" down the entire length of the vehicle, and their high resolution provides a clear colour picture. The range is about three metres to the front and rear, and about one metre on each side. The system works at speeds of

up to about 10 km/h, and includes parking distance sensors that warn if the driver is getting too close to an object, such as a pole or another car.

While rearview cameras have been around for a while, the ability to provide multiple views allows drivers to customize the screen to see specific areas. The driver can choose the bird's-eye, front or rear, or a view of the passenger side. As with many rearview cameras, the Infiniti system includes an overlay of the vehicle's path, which assists when backing into a parking space. "If you turn the

wheel, it will give you a projection of where the vehicle is going to go," Forsyth says. By customizing the screen to show both the rear view with vehicle path, and the bird'seye, the driver has a clear indication of the parking space and the best way to centre the vehicle in it.

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### **Talking points**

### **Prius marks** 10th year

IN NORTH AMERICA. Ten years ago, Toyota launched a new kind of car in North America. It was the Prius, an affordable car with a hybrid gas/electric powertrain. In the decade that followed, the Prius made an indelible mark on the automotive industry. The car with the signature wedge shape proved to be an agent of change, and a catalyst for innovative ideas. More than 1.8 million units have been sold in the world to date, more than 20,000 of which have been sold in Canada. Toyota believes the best environmental solutions are those that are readily adopted by consumers, and the Prius has been a success in that regard. The first Prius came to North America in July 2000. In the 10 years since its launch, there has been a significant shift in

favour of increased manufacturing and adoption of more sustainable vehi-cle technology. Today in Canada there are nearly 23 hybrid models on the road from 11 brands, with more on the drawing boards.

### **New wheels** for Edge

DESIGNS. The 2011 Ford Edge features four new wheel designs, including 18- and 20-inch wheels for Edge SEL and Edge Limited, and the class-exclusive 22-inch wheels that highlight the 2011 Ford Edge Sport.

### **Audi SUVs on** top in study

RANKING. The only two sport-utility vehicles Audi offers, the Audi Q5 and the Audi Q7, both earned top rankings in their luxury Crossover/SUV categories in a newly released J.D. Power and Associates study. FROM CARGUIDE

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### The workhorses are hipsters now FROM CARGUIDE

### FORREST DRIVE@METRONEWS.CA WORLD NEWS IN LONDON

A decade ago, trucks got trendy. At the start of the millennium, excess was in everyone wanted to drive SUVs and 4x4s and foot-ballers and rappers had to have Hummers. Suddenly, the gigantic Ford F150 was the hottest car in the U.S.

Previously the territory of rednecks and builders, pickups benefited from low, commercial vehicle tax and were cheaper than most SUVs. Then they got a makeover; double cabs pickups with front and rear seats — were restyled to look like space age Tonka

These utilitarian, macho vehicles became a lifestyle choice for drivers around the world. They were a great option for builders



and electricians who would no longer need a second family car, and their rugged appeal extended to drivers who weren't tree surgeons.

It's one segment that's bouncing back despite its potentially unpopular size — the big players have all had recent facelifts and their economy improved. Global leader is the Mitsubishi L200 or Triton The 1 millionth one was built in Thailand in late 2007 and

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sales are going well globally, especially in Thailand and Australia.

The lifestyle variants of the L200 remains growth area since its introduction in 2001 with the 4Life" option.



2010 Dodge Grand Caravan SXT shown.

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**Jeep** 

DODGE



# Into the great wide open

 If you are going off the beaten path, Jeep TJ's a worthy companion
 Many loyal followers of model

### SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The Jeep brand virtually owns the competitive land-scape where toughness and capability on the road less travelled are concerned. By offering affordable capable 4x4 models like the TJ, the brand has earned one of the most enviable followings of loyal

### The specs

- MODEL 1997-2005 Jeep TJ
- VEHICLE TYPE 4X4
   APPROXIMATE USED PRICE RANGE \$4,000 to \$14,000

owners in the industry.

The last-generation Jeep TJ was on sale from 1997 through 2005 model years, and offered up two doors, two rows of seating and standard four-wheel drive. It's not exactly a family hauler, but did offer plenty of fun for mom, dad and two kids as needed. Add in the removable roof and proven off-road prowess, and it's no wonder TJ owners say it's the most four-wheeled fun possible for the price.

Power came from a 2.5 litre four-cylinder engine with 110 to 120 horsepower, as well as a 2.4 litre unit from 2003 and on. Jeep's famous four-litre straight-six engine was on board optionally, offering 190 horsepower and virtually bulletproof reliability.

Like its ride, TJ's powerplants are far from pinna-



cles of refinement — but they're known to be highly effective and tough as nails.

### **What Owners Like**

As expected, the TJ's most bragged-about attribute is its off-road ability, and the confident, all-terrain capability of its 4x4

system. Styling, fun factor and overall value are also highly rated, too.

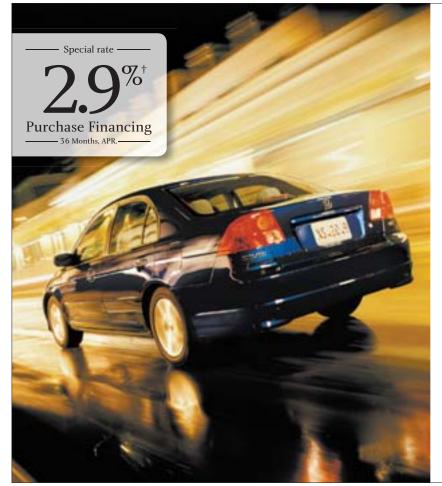
### **What Owners Hate**

Many TJ owners wish for better fuel mileage, a smoother ride and more interior space, especially in the difficult-to-access rear seats.

### **Common issues**

Exhaust manifolds on the straight-six engine could crack, causing a noisy exhaust leak. Additionally, broken bolts on said manifold could make removal and replacement more difficult.

Check the PCV valve for proper operation, too. If it's clogged or broken, it could cause the engine to burn oil. Thankfully, it's a simple and cheap part to replace



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- 100+ point inspection



### Crossword

### Across

1. Venomous vipers 5. Schedule abbr. 8. Jeans-maker

Strauss 12. Vegetarian's no-no

13. Navigator's aid

14. Way out 15. Publicity 17. Church area

18. Striped antelope 19. Cash in

21. Ova 24. 1960s hallucinogen

25. Carriage 28. Aquatic plant 30. Charged bit 33. Plaque

34. "The rain in — 35. Pair

36. Drill sergeant's syllable 37. Jailer's janglers

38. Suspenders alternative 39. Unfriendly

41. Remain

43. Frenzied 46. Camel's cousin

50. Comedian Rudner

51. Unambiguous 54. Always

55. Former space station

56. Wolfe of whodunits

57. Marries 58. Wall climber

59. Cheese choice

Down

1. "So be it"

2. Alluring 3. One of the

12 14 17 15 16 18 19 23 22 25 26 28 29 30 31 33 35 36 38 39 40 41 42 43 44 45 46 48 50 51 54 55 56 57 58 59

Three Bears

5. Ostrich's kin

7. Mimic 8. Starring roles 9. Speed up 10. Workbench at-

tachment 11. Detail 16. Droop

20. Verve 22. Stare openmouthed

23. Dispatches 25. Speedometer

stat 26. Debtor's letters 27. Atoned

ner 32. "To be or — ..." 34. Terrier type 38. Newswriter's credit

31. Pussycat's part-

29. Heart of the

matter

53. Snoop

➤ Yesterday's answer

40. Despots 42. Every last bit 43. Vessel's team

44. Split violently 45. Ms. Moore 47. Passed, and

then some 48. Actress Sorvino 49. Teeny particle 52. "Sun King"

Louis

### Sudoku

2			9		7			
4	1						9	7
	9			6		3		
	6		7	5				1
		8				4		
1				3	9		2	
		4		7			6	
8	7						3	5
			5		8			2

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

### Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

Katrina, it has been so long since I have seen you. I feel like every minute that goes by feels like an hour when you're not here. I can't wait until vou're in my arms again. XOXO STEVEN

My dear Mamusik, You are the kindest, the most beautiful, the best Mom in the world! I'm so proud to be Your daughter! Wish You all the best!!! Lots of health, wealth, happiness and love!!! Your IRUSIK

Scott, Thanks for being the best husband a woman could ever ask for!! I love you so much forever and ever Love,

YOUR MUFFIN XOXO

YOUR PEQUENA MONITA

Bon Anniversaire Senor Frog, like the good wine taste better with taking vears Kisses and hugs, love you





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### Today's horoscope

### T Aries March 21-April 19 The Sun's transit of the most creative area of your chart gives you total and utter confidence in your own abilities. Not that you were lacking before but now there will be no holding you back.

### ¥ Taurus April 20-May 21

Sometimes it is smarter to let others win, or think they have won, than insisting on getting your own way. Stand aside and let a partner or loved one do as they please today

### II Gemini May 22-June 21

Someone you meet today could be of great importance to you in months to come, but your paths are unlikely to cross if you stay at home staring at the walls or, worse, the TV.

G Cancer June 22-July 22 You know that your financial situation demands you make changes but you keep putting them off in the hope that things might get better without any pain. They won't, so stop prevaricating and get on

Ω Leo July 23-Aug.23 Others must accept you for who you are and what you are. If they are not prepared to do that then it's "Goodbye".

TV Virgo Aug. 24- Sept. 22 You seem to be on edge at the moment but at this time of year that's perfectly natural, so stop worrying and start planning for the bright future that is not so far away. Give yourself something to look forward to.

tween one group of friends and another. One group may be more exciting but is that enough? Who is most likely to stand by you when times get tough? That's who you want by your side.

← Libra Sept. 23-0ct. 23 The

time has come to choose be-

For today's crossword answers and for expanded horoscopes, go to metronews.ca

M Scorpio oct. 24-Nov. 22 You may be hugely ambitious but don't get so carried away with your plans and big ideas that you overlook too many important little things.

### → Sagittarius

Nov. 23-Dec. 21 Focus on what you are good at today and put everything else out of your mind. Other people may say you should be more realistic but what do they know?

### り Capricorn Dec. 22-Jan. 20

Yes, it is possible that you will become rich overnight, but more likely you will have to work for all the good things you desire. But that's okay. Work is something you are good at.

Aquarius Jan. 21-Feb. 18 The Sun's journey through your opposite sign is sure to bring changes in one or more of your relationships. Go with the flow.

H Pisces Feb. 19-March 20 Start the day early and get through as much work as you possibly can. The more you clear the decks now the more time you will have for more enjoyable things tomorrow. SALLY BROMPTON

### Caption contest

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### You write it!

Write a funny caption for the image to the right and send it to

play@metronews.ca the winning caption will be published in tomorrow's Metro





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